



# “Exercise Classes”

*The following classes are offered to cancer patients, survivors and their family caregivers free of charge through Life with Cancer in Leesburg, Virginia. Classes are taught by Marti Badila, Cancer Exercise Trainer, Certified Pink Ribbon Program Trainer, Registered Yoga Instructor. **Registration is required and all participants must complete an Exercise Registration Form and Waiver before attending.** For more information go to [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703-698-2526*

## **Level I: Launching into Fitness: Thursdays 1:00 – 1:45 pm**

Nov 10, 17, Dec 1, 8, 15

Two Riverbend Campus

(across the street from Inova Loudoun Hospital)

44084 Riverside Parkway, LOWER LEVEL

Leesburg, VA 20176

This is a five-week introductory program for people who are NEW to Life with Cancer® exercise classes. It will enhance your flexibility and stamina and help to assess your fitness level after which you can progress to one of our other exercise classes.

## **Level II: Chair-Based Exercise: *Coming in January***

Designed for those with treatment limitations such as neuropathy, balance and low energy issues, this series will help to increase heart rate, tone and strengthen muscles, and improve range of motion and flexibility. [Level I exercise series is a prerequisite for this class.](#)

## ***Future Classes:***

### **Level III: Keeping Fit**

This series combines standing and floor exercise to increase muscle strength and flexibility, improve endurance, help reduce fatigue and enhance overall well-being. Levels I and II exercise series are prerequisites for this class.

### **Level IV: Fitness Fusion**

This series allows the participant to sample a variety of more intensive exercise modalities including dance aerobics, interval training, resistance and core training. Levels I, II and III are prerequisites for this class.

***Dress comfortably and bring a water bottle***